28-DAY PRINTABLE PLAN



# Lose Weight Without Workouts

## The 28-Day Food-First Plan for Women 25+

No gym. No workouts. Real food, better sleep and everyday steps.

**28 days · food, sleep + steps · 7-day meal plan · daily check-ins**

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WELCOME

# Start Here

This plan is for women who want to lose weight without workouts right now. Food does most of the work. Sleep and everyday steps do the rest. Each day you do one small action and tick a few boxes. That's it.

## How the 28 days work

- **Week 1 – Notice.** Log, weigh in, learn your patterns. Only two changes: water with meals and protein at breakfast.
- **Week 2 – Build the Plate.** Protein and fiber at every meal, plus the 7-day sample meal plan.
- **Week 3 – Hunger and Cravings.** Evenings, drinks, alcohol and eating out.
- **Week 4 – Move More, Sleep Better.** Steps after meals, standing more, bedtime and stress.

## What you need

- A bathroom scale **or** a soft tape measure (both is best)
- A phone or watch that counts steps
- About 10 minutes a day
- A pen. Print the pages or fill them in on a tablet.

> Read pages 3 and 4 before you start. They are short and they matter.

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YOUR SAFETY

# Read This First

## Talk to your doctor first if you:

- Are pregnant, trying to get pregnant or breastfeeding
- Take diabetes medication, including insulin
- Take a GLP-1 medication (such as semaglutide or tirzepatide)
- Have a heart condition or take blood pressure medication
- Have kidney disease
- Have a history of disordered eating

Changing how you eat can change how some medicines work. Your doctor can tell you what's safe for you.

## The 1,200 rule

Never eat below **1,200 calories a day** on this plan. Going lower usually means more hunger, less energy, lost muscle and a rebound. If your math gives a number under 1,200, use 1,200.

## Stop and check with a doctor if you notice:

- Dizziness, fainting or a racing heart
- Feeling unusually tired, cold, or losing hair
- Losing more than about 1% of your body weight a week for several weeks in a row
- Thinking about food all the time, or eating feeling out of control
- Any symptom that worries you

**Disclaimer.** This plan is general education, not medical advice. It does not diagnose, treat or replace care from your doctor or a registered dietitian. Results vary from person to person. Calorie and protein numbers for recipes come from the recipe cards on coachluke.com; other numbers are approximate. Use this plan at your own risk and stop if anything feels wrong.

## Notes

THE HONEST VERSION

# What “Without Workouts” Really Means

**Without workouts never means doing nothing.** It means no gym sessions and no exercise routine. You still eat with a plan, sleep and move around in daily life.

## Food first

You lose weight when you eat a little less energy than your body uses. Food is the easiest way to create that gap: skipping a 300-calorie snack is much easier than burning 300 calories.

## Steps and sleep still matter

Walking, chores and stairs add up across a week. Short sleep raises hunger the next day. Both make the food side easier.

## Why the scale jumps

Water, salt, your cycle, stress and digestion can move the scale 1 to 4 lb overnight. That isn't fat. So weigh in most mornings and use the **weekly average**: add the week's weights and divide by how many you took.

## A realistic pace

About **0.5 to 1% of your body weight a week**. Often 1 to 2 lb a week at the start, and closer to 0.5 to 1 lb near your goal. The first week can look faster because some of it is water.

| Starting weight | 0.5% a week | 1% a week |
|---|---|---|
| 140 lb | 0.7 lb | 1.4 lb |
| 160 lb | 0.8 lb | 1.6 lb |
| 180 lb | 0.9 lb | 1.8 lb |
| 200 lb | 1.0 lb | 2.0 lb |
| 230 lb | 1.2 lb | 2.3 lb |

Weekly loss, rounded. These are ranges, not promises. Nobody can promise a number by a date, and slower weeks are normal.

> Muscle matters. Protein at every meal helps protect it. Adding strength training later helps you keep muscle, too.

Notes

SETUP 1 OF 4

# Starting Measurements

Fill this in on Day 1. Weigh in after the bathroom, before you eat or drink. Measure your waist at your belly button and your hips at the widest point, tape snug but not tight.

| Day 1 numbers | Value | Notes |
|---|---|---|
| Date | | |
| Morning weight | | |
| Waist (at belly button) | | |
| Hips (widest point) | | |
| Height | | |
| Age | | |
| Goal weight (a healthy, realistic one) | | |

## How do you feel? (1 = low, 10 = great)

| Rating | 1 – 10 | One word about it |
|---|---|---|
| Energy | | |
| Sleep | | |
| Hunger between meals (1 = never, 10 = always) | | |

## Weight this week, for your weekly average

| Mon | Tue | Wed | Thu | Fri | Sat | Sun | Average |
|---|---|---|---|---|---|---|---|
| | | | | | | | |

Why your weekly average? See page 4.

### Notes

SETUP 2 OF 4

# Your Calorie Target

Pick **one** way: Option A uses simple math. Option B uses no math at all. Both work.

## Option A: The math (Mifflin-St Jeor)

**Step 1.** Resting burn for women =
(4.536 × weight in lb) + (15.875 × height in inches) − (5 × age) − 161

**Step 2.** Multiply by your activity level:
Mostly sitting × 1.2 · On your feet some of the day × 1.375 · On your feet most of the day × 1.55

**Step 3.** Subtract 300 to 500.

**Step 4.** If the answer is under 1,200, use 1,200.

**Example:** age 45, 5'5" (65 in), 180 lb, desk job.
816 + 1,032 − 225 − 161 = 1,462 resting
1,462 × 1.2 = 1,754 · 1,754 − 400 = **about 1,350 a day**

My resting burn

× activity =

− 300 to 500 = my target

## Option B: No math (plate + hands)

Use the plate method on page 9 at every meal and the hand portions below. Most women land in a sensible range without counting.

- **Protein:** 1 palm (2 if you're tall or very active)
- **Vegetables:** 1–2 fists, or half the plate
- **Starch or fruit:** 1 cupped hand
- **Fats:** 1 thumb (oil, butter, nuts, cheese)

Three meals and one planned snack. If the weekly average hasn't moved in 3 weeks, trim one cupped hand of starch or one thumb of fat a day.

> Not sure which to pick? Start with Option B. You can switch at your Week 1 check-in.

## Notes

SETUP 3 + 4 OF 4

# Protein Target + Step Baseline

## Your protein target

Aim for **0.7 to 1 g of protein per pound of your goal weight** each day. Split it across three meals, with any leftover in a snack.

| Goal weight | Protein a day | Per meal (3 meals) |
|---|---|---|
| 130 lb | 91–130 g | 30–43 g |
| 140 lb | 98–140 g | 33–47 g |
| 150 lb | 105–150 g | 35–50 g |
| 160 lb | 112–160 g | 37–53 g |
| 170 lb | 119–170 g | 40–57 g |
| 180 lb | 126–180 g | 42–60 g |

| | |
|---|---|
| My goal weight × 0.7 = | |
| My goal weight × 1.0 = | |
| My per-meal target | |

If you have kidney disease, ask your doctor before raising protein.

## Your step baseline

Wear your phone or watch as normal on Days 1 to 3. Don't try to walk more. Write down each day's steps and take the average. That's your baseline.

| Day 1 | Day 2 | Day 3 | Baseline (average) |
|---|---|---|---|
| | | | |

## Your weekly step targets

| Week | Target | My number |
|---|---|---|
| Week 1 | Baseline + 500 | |
| Week 2 | Baseline + 1,000 | |
| Week 3 | Baseline + 1,500 | |
| Week 4 | Baseline + 2,000 | |

Never go above baseline + 5,000. Ideas for adding steps: page 14.

## Notes

YOUR ROADMAP

# The 4 Weeks at a Glance

Each week adds one layer. You keep what you built the week before, so by Day 28 you have a full set of habits, not 28 separate rules.

Week 1

## Notice

Log what you eat, weigh in, and learn your patterns. The only changes: water with meals and protein at breakfast.

**Days 1–7 · check-in page 26**

Week 2

## Build the Plate

Protein and fiber at every meal, the plate method, and the 7-day sample meal plan.

**Days 8–14 · check-in page 34**

Week 3

## Hunger and Cravings

Evenings, liquid calories, alcohol and eating out, with a plan for each.

**Days 15–21 · check-in page 42**

Week 4

## Move More, Sleep Better

Steps after meals, standing more, a bedtime routine and a stress plan.

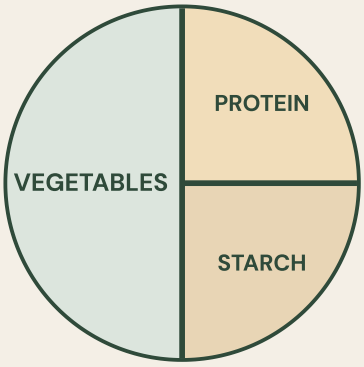
**Days 22–28 · check-in page 50**

**Every day:** one action, protein at each meal, steps, water, 7+ hours of sleep, and your calorie target or the plate method. Tick what you did. Skipped boxes aren't failures; they're information.

**Missed a day?** Don't start over. Pick up at the next day's page. Consistency over four weeks beats a perfect three days.

Notes

# The Plate Method + Hand Portions




+ a thumb of fat

## Build it in this order

1. Protein first: a palm-sized portion.
2. Fill half the plate with vegetables.
3. Add a cupped hand of starch or fruit.
4. Add a thumb of fat: oil, butter, cheese, nuts.

## Hand portions

| Food | Your hand | Examples |
|---|---|---|
| Protein | 1 palm | Chicken, fish, eggs, tofu, Greek yogurt, cottage cheese |
| Vegetables | 1–2 fists | Salad, broccoli, peppers, green beans |
| Starch / fruit | 1 cupped hand | Rice, potatoes, oats, beans, berries |
| Fats | 1 thumb | Olive oil, butter, nuts, cheese |

## Fiber at every meal

Protein plus fiber is the most filling pair you can put on a plate. Easy fiber: vegetables, beans, lentils, berries, oats, whole grains. Add it slowly and drink water with it.

> Eating out or at a party? The plate method works on any plate. See page 11.

**Coach's tip:** If hitting protein or fiber at breakfast is hard, see the optional picks on page 56. The plan works fine without them.

## Notes

WEEK 2 FOOD

# 20 Protein-and-Fiber Swaps

You don't need to give up foods you like. Try one swap a day and keep the ones that feel easy. **All calorie numbers are approximate** and change by brand and portion, so check labels when you can.

| # | Instead of (approx. calories) | Try (approx. calories) |
|---|---|---|
| 1 | Large flavored latte with syrup (about 250) | Latte with milk, no syrup, plus cinnamon (about 130) |
| 2 | Regular soda, 12 oz (about 150) | Sparkling water with lime (0) |
| 3 | Fruit-flavored yogurt (about 150, 6 g protein) | Plain Greek yogurt with berries (about 140, 17 g protein) |
| 4 | Granola bar (about 190, 3 g protein) | 2 hard-boiled eggs (about 140, 12 g protein) |
| 5 | Bagel with cream cheese (about 450) | Whole grain toast with 2 eggs (about 250) |
| 6 | Orange juice, 12 oz (about 170) | A whole orange (about 60, 3 g fiber) |
| 7 | Chips, small bag (about 160) | 3 cups air-popped popcorn (about 95, 3 g fiber) |
| 8 | Creamy pasta, restaurant plate (about 900) | Half pasta, half vegetables, plus grilled chicken (about 550) |
| 9 | White rice, 1 1/2 cups (about 300) | 3/4 cup brown rice + 1 cup vegetables (about 200) |
| 10 | Cookies, 3 small (about 210) | Apple with 1 tbsp peanut butter (about 190, 4 g fiber) |
| 11 | Creamy salad dressing, 4 tbsp (about 280) | Vinaigrette, 2 tbsp, measured (about 100) |
| 12 | Fried chicken sandwich (about 650) | Grilled chicken sandwich (about 400) |
| 13 | Ice cream, 1 cup (about 270) | Greek yogurt bowl with berries and cocoa (about 150, 15 g protein) |
| 14 | Cheese and crackers, free-pour (about 400) | Cottage cheese with cucumber and crackers (about 200, 14 g protein) |
| 15 | Muffin, bakery size (about 450) | Oats with berries and a scoop of Greek yogurt (about 300) |
| 16 | Burrito with rice, cheese and sour cream (about 1,000) | Burrito bowl, no tortilla, extra beans and salsa (about 600) |
| 17 | Glass of wine, large pour (about 200) | Small pour, 5 oz, with a glass of water (about 120) |
| 18 | Candy from the office jar (about 150) | A cheese stick and a handful of grapes (about 130, 7 g protein) |
| 19 | Fries, medium (about 350) | Side salad or roasted vegetables (about 100) |
| 20 | Second helping of dinner (about 400) | Extra vegetables first, wait 10 minutes (about 50) |

WEEK 3 FOOD

# Eating Out + Weekend Rules

## Eating out: 7 simple rules

1. Look at the menu before you go. Decide while you're not hungry.
2. Order protein first: grilled, baked, roasted or steamed.
3. Ask for a vegetable side or salad instead of fries.
4. Pick **one** extra: bread, a drink or dessert. Not all three.
5. Dressings and sauces on the side.
6. Eat slowly. Stop at "comfortably satisfied," not "stuffed."
7. Box half before you start if the plate is huge.

## Fast food that fits

Grilled chicken sandwich or wrap, a burrito bowl with extra beans, a salad with grilled protein and light dressing, or a kids' burger with a side salad.

## Weekend rules

Five careful days and two "anything goes" days can erase most of a week's gap. Weekends should be **flexible, not unlimited**.

- Keep breakfast the same as on weekdays: protein first.
- Plan your one or two meals out in advance.
- Keep your step routine. Weekend walks count.
- Set your drink limit before Friday (see page 12).
- Back to normal at the next meal, not on Monday.

## My weekend plan

## Notes

WEEK 3 FOOD

# The Honest Alcohol Page

You don't have to quit drinking to lose weight. But it's one of the most common reasons the scale stalls, so here's the honest picture.

## Why alcohol slows weight loss

- **Calories add up.** A 5 oz glass of wine is about 120; a large pour or a cocktail can be 200 to 300 or more (approximate).
- **It lowers your guard.** Snacks and second helpings are more likely after a drink or two.
- **It makes sleep lighter,** and short sleep raises hunger the next day.
- **Hangover days** usually mean fewer steps and more takeout.

## If you drink, make it easier

- Decide your number for the week ahead of time.
- Alternate every drink with a glass of water.
- Choose a measured pour, light beer or spirits with soda water.
- Eat a protein-rich meal first, not on an empty stomach.

## My plan this week

Drinks I usually have in a week

My limit this week

Days I'll drink

My go-to swap

If you take medication, are pregnant or trying, or have been told to avoid alcohol, follow your doctor's advice. If cutting back feels hard, that's worth talking to your doctor about too.

## Notes

WEEK 3 FOOD

# Your Evening-Snacking Plan

Evenings are where most days go off track: you're tired, the TV is on and the pantry is close. A plan beats willpower.

## 5 steps

1. **Eat enough during the day.** Skipping lunch makes the evening harder.
2. **Have protein at dinner,** so you're actually full.
3. **Plan one evening snack** if you want one, and portion it into a bowl.
4. **Close the kitchen** at a set time: brush your teeth or make herbal tea as the signal.
5. **Ask: hungry or habit?** If you'd happily eat an apple, it's hunger. If only chips will do, it's probably habit or tiredness.

## Planned snacks (pick one)

- Plain Greek yogurt with berries
- Cottage cheese with fruit
- An apple with a spoon of peanut butter
- A mug of herbal tea and a cheese stick

## My evening plan

My kitchen-closes time

My closing signal

My planned snack

Instead of snacking I'll...

## When it's not hunger

Tired? Go to bed earlier. Bored? Text a friend or step outside for 5 minutes. Stressed? A shower, slow breathing or a short walk. Write your three best options on page 48.

## Notes

WEEK 4 MOVEMENT

# Everyday Movement: Steps, Not Workouts

This plan has no workouts. Movement here means everyday steps and moving more during the day: standing, stairs, chores and walks after meals.

## Step targets by week

| Week | Daily step target |
|---|---|
| Week 1 | Baseline + 500 |
| Week 2 | Baseline + 1,000 |
| Week 3 | Baseline + 1,500 |
| Week 4 | Baseline + 2,000 |

Find your baseline on page 7. Cap: never more than baseline + 5,000. If your knees, hips or feet hurt, go back to the last comfortable number.

## Why steps help

A mostly seated day burns less energy, which shrinks your calorie gap. Short walks after meals also help your body handle the food you just ate. None of this needs a gym, a plan or special clothes.

## 15 no-workout ways to add steps

1. Walk 10 minutes after your biggest meal.
2. Pace during phone calls.
3. Take the stairs on purpose.
4. Park at the far end of the lot.
5. Carry laundry up one load at a time.
6. Walk to the mailbox and back twice.
7. Stand while you watch the news.
8. Do a lap of the house every hour.
9. Walk while the coffee brews.
10. Garden or rake for 15 minutes.
11. Vacuum or mop with music on.
12. Get off the bus or walk one stop early.
13. Walk and talk with a friend instead of sitting for coffee.
14. Take the long way to the restroom at work.
15. Walk the dog, or offer to walk a neighbor's.

## Notes

WEEK 2 · ABOUT 1,400–1,600 CAL · 100+ G PROTEIN

# 7-Day Sample Meal Plan

Every meal is a published coachluke.com recipe. Calories and protein are per serving, taken from each recipe card. Use it in Week 2, or any week you want the thinking done for you.

| | Breakfast | Lunch | Dinner | Snack | Day total |
|---|---|---|---|---|---|
| **Day 1** | Freezer Breakfast Sandwiches<br>446 cal · 36.6 g | Sheet-Pan Chicken Fajita Meal Prep Bowls<br>466 cal · 41.2 g | 15-Minute Garlic Shrimp Stir-Fry<br>342 cal · 42.4 g | Cottage Cheese Flatbread<br>149 cal · 19.7 g | **1,403 cal**<br>**139.9 g** |
| **Day 2** | Stovetop Protein Oatmeal<br>524 cal · 34.3 g | 15-Minute Garlic Shrimp Stir-Fry<br>342 cal · 42.4 g | Sheet-Pan Chicken Fajita Meal Prep Bowls<br>466 cal · 41.2 g | Mocha Protein Smoothie<br>261 cal · 19.7 g | **1,593 cal**<br>**137.6 g** |
| **Day 3** | Freezer Breakfast Sandwiches<br>446 cal · 36.6 g | Sheet-Pan Chicken Fajita Meal Prep Bowls<br>466 cal · 41.2 g | Air Fryer Salmon and Green Beans<br>401 cal · 37.7 g | Cottage Cheese Flatbread<br>149 cal · 19.7 g | **1,462 cal**<br>**135.2 g** |
| **Day 4** | Berry Protein Smoothie (No Powder Needed)<br>387 cal · 26.5 g | Air Fryer Salmon and Green Beans<br>401 cal · 37.7 g | Caprese Chicken Skillet<br>371 cal · 49.4 g | Keto Mocha Chia Pudding<br>266 cal · 15.8 g | **1,425 cal**<br>**129.4 g** |
| **Day 5** | Freezer Breakfast Sandwiches<br>446 cal · 36.6 g | Caprese Chicken Skillet<br>371 cal · 49.4 g | 20-Minute Lemon Garlic Chicken and Broccoli Skillet<br>401 cal · 43.4 g | Mocha Protein Smoothie<br>261 cal · 19.7 g | **1,479 cal**<br>**149.1 g** |
| **Day 6** | Stovetop Protein Oatmeal<br>524 cal · 34.3 g | 20-Minute Lemon Garlic Chicken and Broccoli Skillet<br>401 cal · 43.4 g | Caprese Chicken Skillet<br>371 cal · 49.4 g | Keto Mocha Chia Pudding<br>266 cal · 15.8 g | **1,562 cal**<br>**142.9 g** |
| **Day 7** | Freezer Breakfast Sandwiches<br>446 cal · 36.6 g | Caprese Chicken Skillet<br>371 cal · 49.4 g | Sheet-Pan Chicken Fajita Meal Prep Bowls<br>466 cal · 41.2 g | Keto Mocha Chia Pudding<br>266 cal · 15.8 g | **1,549 cal**<br>**143.0 g** |

- **Day 1:** Dinner makes 2: pack the second plate for tomorrow's lunch.
- **Day 2:** Oatmeal: cook half the recipe (1 serving). Smoothie: blend half the recipe.
- **Day 3:** Salmon makes 2: the second fillet is tomorrow's lunch.
- **Day 4:** Caprese makes 4: lunch tomorrow, dinner Day 6, lunch Day 7.
- **Day 5:** Lemon garlic chicken makes 2: pack one for tomorrow. Smoothie: blend the other half.
- **Day 6:** Oatmeal: cook the other half of the recipe.
- **Day 7:** Move the frozen fajita bowl to the fridge the night before (Day 6).

Need more food? Your calorie target may be higher. Add a cupped hand of fruit or starch at one meal. Never go below 1,200 calories a day.

## Notes

11 LOW-EFFORT RECIPES

# The Recipes

Full ingredients and steps are on each recipe page. Numbers are per serving, as shown on each recipe card.

| Recipe | Calories | Protein | Where to find it |
|---|---|---|---|
| **Freezer Breakfast Sandwiches**<br>Make-ahead, freezer · 37 min · makes 6 | 446 | 36.6 g | coachluke.com/freezer-breakfast-sandwiches/ |
| **Stovetop Protein Oatmeal**<br>15 minutes · 15 min · makes 2 | 524 | 34.3 g | coachluke.com/protein-oatmeal/ |
| **Berry Protein Smoothie (No Powder Needed)**<br>No-cook, 5 ingredients · 5 min · makes 1 | 387 | 26.5 g | coachluke.com/protein-smoothie-recipes/ |
| **Sheet-Pan Chicken Fajita Meal Prep Bowls**<br>Sheet pan, meal prep · 35 min · makes 4 | 466 | 41.2 g | coachluke.com/chicken-fajita-meal-prep-bowls/ |
| **15-Minute Garlic Shrimp Stir-Fry**<br>15 minutes · 15 min · makes 2 | 342 | 42.4 g | coachluke.com/garlic-shrimp-stir-fry/ |
| **Air Fryer Salmon and Green Beans**<br>15 minutes, air fryer · 15 min · makes 2 | 401 | 37.7 g | coachluke.com/air-fryer-salmon-green-beans/ |
| **Caprese Chicken Skillet**<br>One pan · 25 min · makes 4 | 371 | 49.4 g | coachluke.com/caprese-chicken/ |
| **20-Minute Lemon Garlic Chicken and Broccoli Skillet**<br>20 minutes, one pan · 20 min · makes 2 | 401 | 43.4 g | coachluke.com/lemon-garlic-chicken-broccoli-skillet/ |
| **Cottage Cheese Flatbread**<br>6 ingredients · 30 min · makes 2 | 149 | 19.7 g | coachluke.com/cottage-cheese-flatbread/ |
| **Mocha Protein Smoothie**<br>No-cook · 5 min · makes 2 | 261 | 19.7 g | coachluke.com/mocha-protein-smoothie/ |
| **Keto Mocha Chia Pudding**<br>No-cook, make-ahead · 10 min + chill · makes 4 | 266 | 15.8 g | coachluke.com/keto-mocha-chia-pudding/ |

Recipe cards can be updated over time. If a number on the website changes, go with the website.

## Notes

COOK LESS, EAT WELL

# 3-Session Prep Plan

Three short sessions plus four quick dinners cover all seven days. Shop with the list on page 18 first.

## 1 Session 1 · the day before Day 1 · about 60 minutes

- Make all 6 **Freezer Breakfast Sandwiches**. Wrap and freeze. You'll eat 4 this week; 2 stay in the freezer for next week.
- Make the **Sheet-Pan Chicken Fajita Meal Prep Bowls** (4). Fridge 3 for Days 1–3; freeze 1 for Day 7.
- Bake the **Cottage Cheese Flatbread** (2 servings). One for Day 1, one for Day 3.

## 2 Session 2 · evening of Day 3 · about 15 minutes

- Make the **Keto Mocha Chia Pudding** (4 jars). Eat on Days 4, 6 and 7; the 4th is a spare.
- Check you have chicken, tomatoes and mozzarella for tomorrow's Caprese Chicken Skillet.

## 3 Session 3 · evening of Day 5 · about 15 minutes

- Pack the Caprese leftovers into containers for Day 6 dinner and Day 7 lunch.
- Move the frozen fajita bowl to the fridge on Day 6 so it's thawed for Day 7.
- Plan next week: repeat this plan, or swap in your favorites.

## Quick cooks during the week

| Day | What | Time |
|---|---|---|
| Day 1 dinner | 15-Minute Garlic Shrimp Stir-Fry (makes 2, second is Day 2 lunch) | 15 min |
| Day 3 dinner | Air Fryer Salmon and Green Beans (makes 2, second is Day 4 lunch) | 15 min |
| Day 4 dinner | Caprese Chicken Skillet (makes 4) | 25 min |
| Day 5 dinner | 20-Minute Lemon Garlic Chicken and Broccoli Skillet (makes 2) | 20 min |
| Breakfasts/snacks | Oatmeal (half recipe, Days 2 + 6), smoothies (Days 2, 4, 5) | 5–15 min |

### Notes

FOR THE 7-DAY MEAL PLAN

# Grocery List

Quantities make every recipe in full, which covers every serving in the plan plus 2 spare breakfast sandwiches and 1 spare chia pudding. Check what you already have before you shop.

## Protein + dairy

- [ ] 4 lb boneless skinless chicken breast (fajitas 1.5 lb, caprese 1.75 lb, lemon garlic 12 oz)
- [ ] 12 oz peeled shrimp (fresh or frozen)
- [ ] 2 salmon fillets, about 6 oz each
- [ ] 12 oz turkey breakfast sausage
- [ ] 10 large eggs (1 dozen)
- [ ] 2 cups liquid egg whites (one 16 oz carton)
- [ ] 1 1/2 cups low-fat cottage cheese
- [ ] 1 cup plain nonfat Greek yogurt + 1/2 cup low-fat Greek yogurt
- [ ] 6 oz sharp cheddar
- [ ] 4 oz fresh mozzarella
- [ ] 7 oz silken tofu
- [ ] 1/2 cup heavy cream
- [ ] 1 1/2 cups low-fat milk
- [ ] 2 cups unsweetened soy milk
- [ ] 2 cups unsweetened almond milk
- [ ] 1 tbsp butter
- [ ] 45 g collagen powder

## Produce

- [ ] 3 bell peppers (mixed colors)
- [ ] 1 large red onion
- [ ] 1 lime
- [ ] 2 lemons
- [ ] 2 bananas
- [ ] 1 cup blueberries
- [ ] 2 cups cherry tomatoes
- [ ] 1 head garlic (10 cloves)
- [ ] 4 cups broccoli florets
- [ ] 12 oz green beans
- [ ] 1 cup baby spinach
- [ ] Fresh cilantro (1/4 cup)
- [ ] Fresh basil (1/4 cup)

## Frozen

- [ ] 1 cup frozen mixed berries
- [ ] 4 cups stir-fry vegetables (or fresh)

## Grains + bakery

- [ ] 6 whole wheat English muffins
- [ ] 1 cup rolled oats
- [ ] Brown rice (3 cups cooked, about 1 cup dry)

## Pantry

- [ ] Olive oil (about 1/2 cup total)
- [ ] Sesame oil (1 tsp)
- [ ] Low-sodium soy sauce (3 tbsp)
- [ ] Balsamic vinegar (3 tbsp)
- [ ] Dijon mustard (1 tbsp)
- [ ] Maple syrup (2 tbsp)
- [ ] Honey (1 tsp)
- [ ] Cornstarch (1 tsp)
- [ ] Low-sodium chicken broth (1/2 cup)
- [ ] Peanut butter (2 tbsp)
- [ ] Almond butter (1 tbsp)
- [ ] Chia seeds (1/2 cup)
- [ ] Hemp hearts (20 g)
- [ ] Unsweetened cocoa powder (5 tbsp)
- [ ] Powdered erythritol (3 tbsp)
- [ ] Vanilla extract (2 1/2 tsp)
- [ ] Cold brew coffee (3/4 cup) + brewed coffee (1 cup)
- [ ] Sesame seeds (optional)

## Spices

- [ ] Salt + black pepper
- [ ] Chili powder (2 tsp)
- [ ] Ground cumin (1 tsp)
- [ ] Smoked paprika (1 tsp)
- [ ] Garlic powder (1 tsp)
- [ ] Italian seasoning (1 1/2 tsp)
- [ ] Ground cinnamon (1 tsp)
- [ ] Red pepper flakes (1/2 tsp)

DAY
1

WEEK 1 · NOTICE

# Take your starting numbers



TODAY'S ONE ACTION

Weigh in after the bathroom and before breakfast, measure your waist and hips, and fill in the Starting Measurements page.

## Why it helps

- You can't steer by numbers you never wrote down.
- One weigh-in is only a snapshot; the weekly average comes later.
- Measure in the same spot each time so the numbers compare.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 500 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY
2

WEEK 1 · NOTICE

# Write down what you eat

TODAY'S ONE ACTION

Log everything you eat and drink today, including bites, sips and cooking oil. Change nothing yet.

## Why it helps

- Most women are surprised by what a normal day really holds.
- This is information, not a test. There are no wrong answers.
- Notes on paper or in an app both work. Pick the easy one.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 500 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY
3

WEEK 1 · NOTICE

# Protein at breakfast

TODAY'S ONE ACTION

Add a palm-sized portion of protein to breakfast: eggs, Greek yogurt, cottage cheese or a protein-rich recipe.

## Why it helps

- Protein keeps you full longer than a carb-only breakfast.
- A steady morning makes the 3 PM snack attack less likely.
- Keep logging the rest of the day the same as before.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 500 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY
4

WEEK 1 · NOTICE

# A glass of water with each meal

TODAY'S ONE ACTION

Drink a full glass of water with breakfast, lunch and dinner. Keep breakfast protein going.

## Why it helps

- Thirst is easy to mistake for hunger.
- Water at meals is a habit you can stack on something you already do.
- No need to force big amounts. Three glasses is a start.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 500 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY
5

WEEK 1 · NOTICE

# Rate your hunger

TODAY'S ONE ACTION

Before each meal, rate your hunger from 1 (not hungry) to 10 (starving). Write the number down.

## Why it helps

- Eating at a 9 or 10 usually means eating fast and too much.
- Most women do best starting meals around a 6 or 7.
- You're just noticing the pattern this week.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 500 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY 6

WEEK 1 · NOTICE

# Find your leaks



TODAY'S ONE ACTION

Look back at your log. Circle the drinks, bites, tastes and extras that add up without filling you up.

## Why it helps

- Small extras are often the biggest calories in a day.
- Creamer, dressings, oils and nibbles while cooking count.
- You'll pick which leaks to fix in Week 2 and 3.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 500 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY 7

WEEK 1 · NOTICE

# Week 1 check-in

TODAY'S ONE ACTION

Fill in your Week 1 check-in, choose calorie target or plate method, and shop for the 7-day meal plan.

## Why it helps

- A weekly average tells the truth; single days don't.
- Choosing one tracking style keeps the next three weeks simple.
- Use the prep plan so Week 2 runs on autopilot.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 500 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAYS 1–7

# Week 1 Check-In

Take 10 minutes. Look at the whole week, not one morning.

| Mon | Tue | Wed | Thu | Fri | Sat | Sun | Weekly average |
|---|---|---|---|---|---|---|---|
| | | | | | | | |

| |
|---|
| This week's average |
| Last week's average (Week 1: Day 1 weight) |
| Change |
| Waist |
| Average steps |
| Nights with 7+ hours |

## How to read your change

Down 0.5–1% of your weight: right on track. Down more than 1% for several weeks: eat a little more. Flat for one week: normal, keep going. Flat for 3+ weeks: see page 51.

## Wins this week (scale or not)

## What got in the way

ONE FIX FOR NEXT WEEK

## Notes

DAY
8

WEEK 2 · BUILD THE PLATE

# Build the plate at lunch

TODAY'S ONE ACTION

Use the plate method at lunch: half vegetables, a quarter protein, a quarter starch, a thumb of fat.

## Why it helps

- The plate does the portion math for you.
- Vegetables add volume for very few calories.
- One picture works at home, at work and at restaurants.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 1,000 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY
9

WEEK 2 · BUILD THE PLATE

# Build the plate at dinner



TODAY'S ONE ACTION

Use the plate method at dinner too. Start with the protein and vegetables, then add the starch.

## Why it helps

- Dinner is where portions creep up for most women.
- Filling half the plate with vegetables makes it look generous.
- You still get a real starch. Nothing is off limits.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 1,000 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY
10

WEEK 2 · BUILD THE PLATE

# Fiber at every meal



TODAY'S ONE ACTION

Add one fiber food to each meal: vegetables, beans, lentils, berries, oats or whole grains.

## Why it helps

- Fiber slows digestion and helps you stay full.
- Protein plus fiber is the most filling pair on your plate.
- Add fiber slowly and drink water with it.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 1,000 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY 11

WEEK 2 · BUILD THE PLATE

# Hit your protein target

TODAY'S ONE ACTION

Use your protein target and aim for the per-meal number at breakfast, lunch and dinner.

## Why it helps

- Protein helps protect muscle while you lose weight.
- Spreading it across meals beats one big serving at night.
- Check the boxes below for each meal you hit.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 1,000 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY
12

WEEK 2 · BUILD THE PLATE

# Make one swap

TODAY'S ONE ACTION

Pick one swap from the 20 Protein-and-Fiber Swaps page and use it today.

## Why it helps

- One swap a day adds up over a month.
- Swaps work because you still eat, just a better version.
- Keep the swaps you like; drop the rest.

## Today's checklist

- [ ] Did today's one action
- [ ] Protein at breakfast [ ] lunch [ ] dinner
- [ ] Steps: target Baseline + 1,000 · today: _____
- [ ] Water with each meal
- [ ] 7+ hours of sleep last night
- [ ] Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY
13

WEEK 2 · BUILD THE PLATE

# Plan your weekend

TODAY'S ONE ACTION

Read the Eating Out + Weekend Rules page and decide your two weekend meals out in advance.

## Why it helps

- Five careful days and two loose ones can erase the week.
- Flexible is fine. Unlimited is the problem.
- A plan made on Friday beats a decision made hungry.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 1,000 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY
14

WEEK 2 · BUILD THE PLATE

# Week 2 check-in

TODAY'S ONE ACTION

Fill in your Week 2 check-in. Look at your weekly average, not just today's number.

## Why it helps

- Water and salt can hide fat loss for days at a time.
- Compare this average to last week's average.
- Pick one fix for Week 3 and write it down.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 1,000 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAYS 8–14

# Week 2 Check-In

Take 10 minutes. Look at the whole week, not one morning.

| Mon | Tue | Wed | Thu | Fri | Sat | Sun | Weekly average |
|---|---|---|---|---|---|---|---|
| | | | | | | | |

| | |
|---|---|
| This week's average | |
| Last week's average (Week 1: Day 1 weight) | |
| Change | |
| Waist | |
| Average steps | |
| Nights with 7+ hours | |

## How to read your change

Down 0.5–1% of your weight: right on track. Down more than 1% for several weeks: eat a little more. Flat for one week: normal, keep going. Flat for 3+ weeks: see page 51.

## Wins this week (scale or not)

## What got in the way

ONE FIX FOR NEXT WEEK

## Notes

DAY
15

WEEK 3 · HUNGER AND CRAVINGS

# Eat on a rhythm



TODAY'S ONE ACTION

Eat three meals and one planned snack at roughly the same times today.

## Why it helps

- Skipping lunch usually turns into a huge dinner.
- A rhythm means you never arrive at a meal starving.
- Your hunger ratings from Week 1 show your best times.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 1,500 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY
16

WEEK 3 · HUNGER AND CRAVINGS

# Close the kitchen



TODAY'S ONE ACTION

Pick a time to stop eating after dinner and use your Evening-Snacking Plan.

## Why it helps

- Evening grazing is where many days go off track.
- A set signal, like brushing your teeth, ends the eating day.
- If you're truly hungry, have the planned snack, not the pantry.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 1,500 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY 17

WEEK 3 · HUNGER AND CRAVINGS

# Check your drinks



TODAY'S ONE ACTION

List today's drinks with calories: coffee drinks, juice, soda, smoothies and alcohol. Swap one.

## Why it helps

- Liquid calories rarely fill you up.
- A sweet coffee drink can hold as much as a small meal.
- Water, sparkling water, plain tea and coffee are easy swaps.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 1,500 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY
18

WEEK 3 · HUNGER AND CRAVINGS

# Set your alcohol limit



TODAY'S ONE ACTION

Read the honest alcohol page and set your number of drinks for this week, ahead of time.

## Why it helps

- Alcohol adds calories and lowers your guard around food.
- It also tends to make sleep lighter.
- Deciding before you're at the table makes it stick.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 1,500 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY
19

WEEK 3 · HUNGER AND CRAVINGS

# Plan one meal out



TODAY'S ONE ACTION

Choose a restaurant meal in advance using the eating-out rules: protein first, vegetables, one extra.

## Why it helps

- Restaurant portions are often far bigger than they look.
- Looking at the menu at home avoids hungry choices.
- Eating out is part of real life. Plan it, don't skip it.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 1,500 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY
20

WEEK 3 · HUNGER AND CRAVINGS

# Name your craving



TODAY'S ONE ACTION

When a craving hits, wait 10 minutes, drink water, then decide. Write what triggered it.

## Why it helps

- Many cravings pass in a few minutes.
- Triggers repeat: tiredness, stress, boredom, a time of day.
- Knowing the trigger is how you plan around it.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 1,500 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY
21

WEEK 3 · HUNGER AND CRAVINGS

# Week 3 check-in



TODAY'S ONE ACTION

Fill in your Week 3 check-in and note which hunger fix helped most.

## Why it helps

- Steady hunger is a sign the plan fits your life.
- If you were starving all week, eat a little more.
- Pick one fix for Week 4.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 1,500 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAYS 15–21

# Week 3 Check-In

Take 10 minutes. Look at the whole week, not one morning.

| Mon | Tue | Wed | Thu | Fri | Sat | Sun | Weekly average |
|---|---|---|---|---|---|---|---|
| | | | | | | | |

| |
|---|
| This week's average |
| Last week's average (Week 1: Day 1 weight) |
| Change |
| Waist |
| Average steps |
| Nights with 7+ hours |

## How to read your change

Down 0.5–1% of your weight: right on track. Down more than 1% for several weeks: eat a little more. Flat for one week: normal, keep going. Flat for 3+ weeks: see page 51.

## Wins this week (scale or not)

## What got in the way

ONE FIX FOR NEXT WEEK

## Notes

DAY
22

WEEK 4 · MOVE MORE, SLEEP BETTER

# Walk after a meal

TODAY'S ONE ACTION

Take a 10-minute walk after your biggest meal. Indoors is fine.

## Why it helps

- Walking after meals adds steps without a workout.
- It also helps your body handle the meal.
- Ten minutes is enough to count.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 2,000 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY
23

WEEK 4 · MOVE MORE, SLEEP BETTER

# Stand and climb

TODAY'S ONE ACTION

Stand for calls, take the stairs on purpose and get up once an hour.

## Why it helps

- Everyday movement adds up across a week.
- Sitting days burn less, which shrinks your calorie gap.
- Set an hourly reminder on your phone.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 2,000 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY
24

WEEK 4 · MOVE MORE, SLEEP BETTER

# Chores count

TODAY'S ONE ACTION

Do one chore with purpose today: vacuum, carry laundry, garden or wash the car.

## Why it helps

- Housework is real movement that adds steps.
- Music makes it go faster.
- No gym, no kit, no plan needed.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 2,000 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

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|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY
25

WEEK 4 · MOVE MORE, SLEEP BETTER

# Set a bedtime

TODAY'S ONE ACTION

Pick a bedtime that gives you 7+ hours, and start a 30-minute wind-down before it.

## Why it helps

- Short sleep raises hunger and cravings the next day.
- A steady bedtime makes falling asleep easier.
- Dim the lights and put the phone down to start the wind-down.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 2,000 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY
26

WEEK 4 · MOVE MORE, SLEEP BETTER

# Make the bedroom for sleep

TODAY'S ONE ACTION

Keep the room cool and dark, and charge your phone outside the bedroom.

## Why it helps

- Screens late at night push sleep later.
- A cool, dark room helps you stay asleep.
- Small changes here pay off at breakfast tomorrow.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 2,000 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY
27

WEEK 4 · MOVE MORE, SLEEP BETTER

# Your stress plan

TODAY'S ONE ACTION

Write three things that calm you that aren't food, and use one today.

## Why it helps

- Stress is one of the most common eating triggers.
- A walk, a shower, a call or slow breaths all work.
- Having the list ready means you don't have to think.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 2,000 · today: _____
- ☐ Water with each meal
- ☐ 7+ hours of sleep last night
- ☐ Stayed near my calorie target *or* used the plate method

## Today's numbers

| | |
|---|---|
| Morning weight | |
| Hunger before lunch (1–10) | |
| Hunger before dinner (1–10) | |
| Energy today (1–10) | |

## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
| **Lunch** | |
| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAY
28

WEEK 4 · MOVE MORE, SLEEP BETTER

# Final check-in

TODAY'S ONE ACTION

Fill in your Week 4 check-in and your measurement log, then plan your next 28 days.

## Why it helps

- Compare your waist and weekly average to Day 1.
- Wins that aren't on the scale count too.
- See 'After Day 28' for how to keep going.

## Today's checklist

- ☐ Did today's one action
- ☐ Protein at breakfast ☐ lunch ☐ dinner
- ☐ Steps: target Baseline + 2,000 · today: _____
- ☐ Water with each meal
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## Today's numbers

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|---|---|
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## Today's meals (quick log)

| | |
|---|---|
| **Breakfast** | |
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| **Dinner** | |
| **Snack / drinks** | |

## One note for today

## Notes

DAYS 22–28

# Week 4 Check-In

Take 10 minutes. Look at the whole week, not one morning.

| Mon | Tue | Wed | Thu | Fri | Sat | Sun | Weekly average |
|---|---|---|---|---|---|---|---|
| | | | | | | | |

| | |
|---|---|
| This week's average | |
| Last week's average (Week 1: Day 1 weight) | |
| Change | |
| Waist | |
| Average steps | |
| Nights with 7+ hours | |

## How to read your change

Down 0.5–1% of your weight: right on track. Down more than 1% for several weeks: eat a little more. Flat for one week: normal, keep going. Flat for 3+ weeks: see page 51.

## Wins this week (scale or not)

## What got in the way

ONE FIX FOR NEXT WEEK

## Notes

HONEST TROUBLESHOOTING

# If the Scale Stalls

A flat week is normal: water and salt can hide fat loss for days. A real stall is **no change in your weekly average for 3 weeks or more**. Work through these in order, one at a time.

1 **Check portions and drinks for 3 days**

Measure oils, dressings and spreads. Write down every drink, bite and taste. Small extras are the most common leak.

2 **Redo your target**

A smaller body burns a little less. Redo the math on page 6 with today's weight. Still never below 1,200.

3 **Add 1,500 to 2,000 steps a day**

Walks after meals are the easiest place. Stay under baseline + 5,000.

4 **Look at your sleep**

Fewer than 7 hours on most nights makes hunger harder. Go back to the Week 4 sleep pages.

5 **Take a 1–2 week maintenance break**

Eat at maintenance (your target + 300 to 500) for one or two weeks, keep the habits, then go back to your target. It often makes the next stretch easier.

**See a doctor** if you've been stuck for more than 6 weeks while following the plan, or if you feel unusually tired, cold, or notice hair loss. These can have medical causes worth checking.

Notes

WHAT NEXT

# After Day 28: Keep Going

## Still losing? Repeat Weeks 2 to 4

Go back to Day 8 and run the next 21 days again. Keep your Week 4 step target as your new baseline. Recheck your calorie target with your new weight every 4 weeks.

## At your goal? Maintenance basics

- Add about 200 to 300 calories a day, then watch your weekly average for 2 weeks.
- Still dropping? Add a little more. Creeping up? Pull back slightly.
- Keep protein at every meal and keep your steps.
- Weigh in a few mornings a week so small changes don't sneak up.
- Expect a 1–2 lb range. That's normal, not a gain.

## Why adding strength training later helps

When you lose weight without any strength work, some of what you lose can be muscle. Muscle keeps you strong, helps your balance and supports your joints as you age.

Protein and steps help protect it. **Adding strength training later, even twice a week, helps you keep that muscle** and makes the weight you lose more likely to be fat. You don't have to start now. It's a good next step when you're ready.

## My next 28 days

Notes

TRACKER

# 28-Day Habit Tracker

Color in or tick each square on the days you did it. Aim for most boxes, not all of them.

| Habit / Day | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Did the day's action | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein each meal | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Step target | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Water with meals | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7+ hours sleep | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories / plate | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

## My best habit this month

## The one to work on next

## Notes

TRACKER

# Weigh-In Average + Measurement Log

## Weekly weigh-in average log

| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Average | Change |
|---|---|---|---|---|---|---|---|---|---|
| Week 1 | | | | | | | | | |
| Week 2 | | | | | | | | | |
| Week 3 | | | | | | | | | |
| Week 4 | | | | | | | | | |

## Measurement log

| When | Waist | Hips | Weekly average weight | How my clothes fit |
|---|---|---|---|---|
| Day 1 | | | | |
| Day 14 | | | | |
| Day 28 | | | | |
| Day 42 | | | | |
| Day 56 | | | | |

Measure in the same spots, at the same time of day, every two weeks. Your waist often changes before the scale does.

## Notes

FOR BUYERS

# Your Free Buyer Bonus: Weekly Coaching Emails

You bought the plan, so you also get a little coaching to go with it.

## What you get

- A welcome note from me when you sign up
- A short email from me each week of your 28 days, matched to that week's focus
- Honest tips for the sticking points most women hit in Weeks 1 to 4

**Free for buyers. Unsubscribe any time.**

## How to claim it

Scan the code with your phone camera, or click the link below, and enter your first name and email.

**coachluke.com/no-workout-plan-bonus**

> Reply to any coaching email and tell me how it's going. I read them.

Scan to claim your bonus emails

## Notes

OPTIONAL

# Coach Luke's Picks (Optional)

**Optional. The plan works without any of these. Food, steps and sleep do the work; these just make some habits easier.**




## LiveGood Organic Plant-Based Protein

**Retail $49.95 · Member $39.95 · Subscribe & Save $37.95 (30 scoops)**
**90-day money-back guarantee**

- 20 g protein, 101 calories and 0 g sugar per scoop
- Organic pea protein base with all nine essential amino acids
- 24 vitamins and minerals built in, including B12, iron and iodine

**Best for:** hitting your protein target at breakfast or as a snack.

**Skip it or ask your doctor first if** you have kidney disease.

Check today's price: coachluke.com/go/completePlantBasedProtein
Read my honest review: coachluke.com/livegood-plant-based-protein/




## LiveGood Organic Fiber

**Retail $29.95 · Member $14.95 · Subscribe & Save $14.20 (30 scoops)**
**90-day money-back guarantee**

- 8 g fiber and 35 calories per scoop, no sugar added
- Five fiber sources: agave inulin, psyllium husk, pea fiber, baobab and chia
- USDA Organic and vegan; ten organic ingredients in all

**Best for:** fullness and regularity in Week 2.

**Skip it or ask your doctor first if** you have kidney disease. Start with a half scoop and plenty of water.

Check today's price: coachluke.com/go/organicFiber
Read my honest review: coachluke.com/livegood-organic-fiber/




## LiveGood Organic Coffee

**One-time $34.95 · Member Subscribe & Save $18.95 (30 servings)**
**90-day money-back guarantee**

- USDA Organic instant coffee, about 100 mg natural caffeine a cup
- Six functional mushrooms plus maca and green tea extract
- 2 g fiber and 5 calories per scoop

**Best for:** swapping a sugary coffee drink (Week 3).

**Skip it or ask your doctor first if** you are caffeine-sensitive, pregnant, or have high blood pressure.

Check today's price: coachluke.com/go/organicCoffee
Read my honest review: coachluke.com/livegood-organic-coffee/




## LiveGood LEAN

**Retail $39.95 · Member $19.95 · Subscribe & Save $18.95 (90 servings)**
**90-day money-back guarantee**

- 650 mg konjac glucomannan per 2-capsule serving, for fullness
- 200 mg berberine HCl, plus green tea extract, chromium and more
- Vegan, gluten free and third-party tested; 90 servings a bottle

**Best for:** someone who already has the food habits in place and wants extra appetite support.

**Skip it or ask your doctor first if** you take diabetes or blood sugar medication or any prescription medication, are pregnant or breastfeeding, or are sensitive to caffeine.

Check today's price: coachluke.com/go/leanBody
Read my honest review: coachluke.com/livegood-lean/

I earn a commission if you buy through these links, at no extra cost to you. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



# Thank you

You did the work: one small action a day, for 28 days. That's how real change happens, and it's yours to keep.

Keep the habits that felt easy. Go back to the pages you need. And remember: food first, steps and sleep alongside, no gimmicks.

Reply to any coaching email and tell me how it's going.

Coach Luke · NASM-CPT, NESTA Nutrition Coach

**More free recipes and guides at coachluke.com.**